

## ABSTRACT

A method for preparing a cooked rice with stabilized quality on an industrial scale and cooked rice prepared according to the process, which has a moisture gradient formed between the outer layer and the inner layer of each rice grain and has no hard core in the rice grains when tested organoleptically. The method includes the steps of steaming raw rice having been subjected to a washing and soaking step to effect gelatinization of starch inside rice grains; cooling and individuating the resulting rice to remove moisture present on the surface of each rice grain; frying the resulting rice with an oil to form an oil film over the surface of each rice grain; and boiling the resulting rice together with seasonings and water. In the cooked rice, difference between the moisture content of the outer layer (to the depth of 0.5 mm from the surface) and that of the inner layer (portion deeper than 0.5 mm from the surface) of each rice grain is 2.5 % to 5 %, preferably 3 % to 5 %. Further, when 10 g of the cooked rice is charged into a cylindrical container having a diameter of 25 mm and is subjected to free fall therefrom at a height of 30 cm, the diffusion area of the fallen rice is 2,500 mm<sup>2</sup> to 3,000 mm<sup>2</sup>, preferably 2,700 mm<sup>2</sup> to 2,900 mm<sup>2</sup>.